

# Wellness Program

The individualised and specialised wellness program for each patient aims to improve areas such as mobility, balance, upper and lower limb strength and function, ability to manage personal cares, continence, pain management, education, domestic task completion and community living skills. Some of these classes include Parkinson's Disease Classes, Hydrotherapy and Gym Pilates.



## What is the program?

These are membership based classes with the flexibility to join without a long term commitment. These classes can include strength, balance and cardiovascular training to help regain independence and resume daily activities.

- Individualised attendance options
- 1 - 2 hours per session
- Refreshments provided
- Individual assessment and goal setting

## You may have access to:

- Parkinson's Disease Program
- Gym
- Hydrotherapy
- Pilates
- Gardening
- Group Gym Sessions
- Physiotherapy Private Consultations

## How do you access the program?

- Call our friendly team who will assist you in choosing the right program for your individual needs

## Costs?

- A small fee will be associated dependent on which program you join
- Some costs may be covered by your Private Health Extras Cover (please contact us for more information as funds vary)
- Most costs covered with, DVA Gold Card, Work Cover or Third Party Insurance
- Discounts may apply for frequent attendance



*Get Well, Move Well, Enjoy Life!*

A stylized map of Sydney, Australia, with various suburbs marked by red dots and labeled. The map is set against a light orange background with a white silhouette of the city's coastline and major roads. The labels include Minchinbury, Holroyd, Ashfield, Kirrawee, Longueville, Randwick, Manly, and Dee Why.

Minchinbury

Holroyd

Longueville

Ashfield

Randwick

Kirrawee

Dee Why

Manly



## Inner West

### **The Sydney Private Hospital**

9716 3700 | [SydneyPrivate@macrehab.com.au](mailto:SydneyPrivate@macrehab.com.au)

## South

### **President Private Hospital**

9542 2929 | [PresidentPrivate@macrehab.com.au](mailto:PresidentPrivate@macrehab.com.au)

## Northern Beaches

### **Manly Waters Private Hospital**

9977 9977 | [ManlyWaters@macrehab.com.au](mailto:ManlyWaters@macrehab.com.au)

### **Delmar Private Hospital**

8978 5287 | [Delmar@macrehab.com.au](mailto:Delmar@macrehab.com.au)

## Upper and Lower North Shore

### **Longueville Private Hospital**

9427 0844 | [Longueville@macrehab.com.au](mailto:Longueville@macrehab.com.au)

## East

### **Eastern Suburbs Private Hospital**

8383 7400 | [EasternSuburbs@macrehab.com.au](mailto:EasternSuburbs@macrehab.com.au)

## West

### **Holroyd Private**

9721 6800 | [Holroyd@macrehab.com.au](mailto:Holroyd@macrehab.com.au)

### **Minchinbury Community Hospital**

9625 2222 | [Minchinbury@macrehab.com.au](mailto:Minchinbury@macrehab.com.au)